

Our Readers Write

Rock N Run a huge success...

Dear Editor,

We would like to thank all of the local partners and volunteers for helping make the first Renfro Rock N Run Half Marathon and 5K a huge success. Four-hundred, sixty-seven participants (270 for the half marathon; 197 for the 5K) came from far and wide to participate, and Rockcastle County showed them unmatched hospitality and enthusiasm. Thanks to the many volunteers who worked water stations and served as course stewards, who helped with registration and the finish line, and who did the many other things necessary to ensure a successful event.

The sponsoring partners in the race – Christian Appalachian Project, Citizens Bank, Renfro Valley Entertainment, and Rockcastle Regional Hospital -- would also like to extend a special thanks to the Mt. Vernon Police Department, the Mt. Vernon Fire Dept., the Brindle Ridge Fire Department, and CSEPP for looking out for the safety of our participants.

And thanks also to the property owners for allowing us to use their space, the home owners and community members who came out to cheer on the runners and walkers, and the Ford brothers for allowing us to use their tent.

We are proud to have such great community support for this new event, and look forward to an even bigger race next year.

The Renfro Rock N Run Committee

Special thanks...

Dear Editor,

Special thanks to Perry Mink, Perry's Auto Body and Josh Thompson, David's Tire Center for each providing a vehicle for tonight's auto extrication training. It turned out to be a very informative class on the basics of auto rescue. The class was held at MVFD and attended by firefighters from four departments and two counties. Once again, thank you Perry and Josh. Without your support, things like this wouldn't be possible.

Mt. Vernon Fire Dept.

Bridge bypass...

Dear Editor,

My sincere thanks to the Transportation Cabinet and its local employees for its construction of the temporary bridge bypass in Brodhead. I had asked Mayor Walter Lee Cash to ride with me to Frankfort to express our concerns about fire protection and the inconvenience to citizens in and around Brodhead unless a connector was made between both sides of Dix River. The commissioner and others heard us and acted immediately – and the local state highway garage carried out the assignment in short order.

My great thanks to everyone.

*Buzz Carloftis
County Judge-Executive*

Thank You...

Dear Editor,

We deeply appreciate Judge Buzz Carloftis and all of the Rockcastle County Fiscal Court for providing the City of Mt. Vernon up to \$20,000 to erect a play shelter for children.

The facility will be located at the Lake Linville City Park and will be utilized by children ages 1-5. This effort will be a part of the new program called Space 2 Create.

*The City of Mt. Vernon
Mike Bryant, Mayor*

"I See It"

(Cont. from A2)

injury couldn't function and do all the activities that he normally did before his injury. But yet I have been blessed to have never had a broken bone in my body and I have never been prohibited from doing anything in my life because of an injury. In the end, I should be thankful and feel blessed that I have never endured a severe life-changing injury.

Life can be hard and sometimes life isn't fair. Anyone who has lived long enough understands that philosophy. A lot of times its human nature to focus on the negative things in life and forget about the positive. But a common theme I see for myself and others is everyone has been blessed with things that they often take for granted.

One of my favorite quotes, that is known throughout the world, is "the things you take for granted, someone else is praying for." To me, this should be the motto for Thanksgiving Day to remind us all that we have a lot to be thankful for in our lives.

Memories"

(Cont. from A2)

woods because you could hear us "coughing our lungs out" as we inhaled the smoke.

By the time I was fifteen, I gave in to the temptation and became a cigarette smoker myself. I did not bring my cigarette packs into the house, but in the evening I would sneak just one into the house, which I smoked in the bathroom just before going to bed. As far as I knew, my mother was not aware that I had broken over and started the habit. Each night, I took my one cigarette into the bathroom and locked the door. I sat on the side of the bathtub and inhaled my nightly dose of nicotine.

After doing this for several weeks, Bee knocked on the bathroom door one evening and proclaimed, "David Joe, if you are going to smoke those nasty things, come on out, and be man enough to smoke in front of your mother!" I felt ashamed that I had tried to fool her, but I was also relieved to be able to smoke when I felt like it.

For the next 25 years, I was a full-fledged addict and enjoyed my routine on a daily basis. When I turned 40, I began to question the rationale of my smoking habit. On September 9, 1984, I smoked my last cigarette. Since that time I have not enjoyed even one puff of a cigarette.

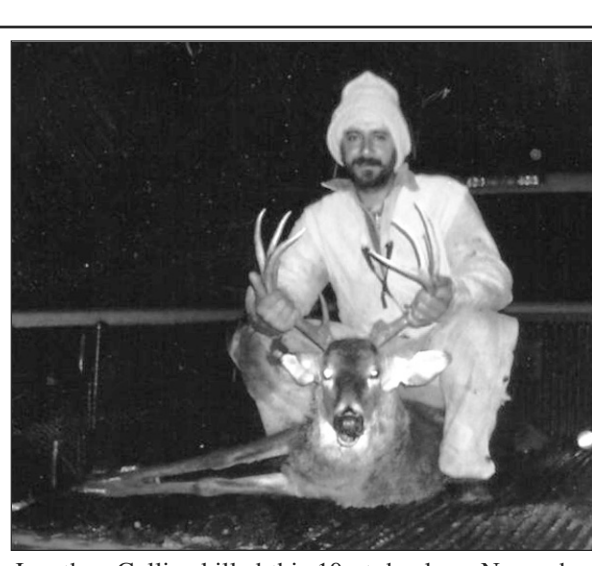
But there is a "but." A few years ago, and at my son Andy's behest, he and I began to sample expensive cigars, which were in vogue at that time. I have to admit that I have now developed a taste and craving for good cigars. Once again, I am reminded that my Dad also smoked cigars along with his cigarette habit. So in my old age, I have become a regular cigar smoker – having a good smoke several times per week. I have also found a spot on Nicholasville Road in Lexington, called Jakes Cigar Bar, where my cigars can be purchased and enjoyed. Several of my friends are also cigar lovers, so we meet at Jakes on occasion to share the experience with one another.

Old habits can be hard to break, and smokers today seem to have become the outcasts of society. But smoking was a regular part of peoples' lives in the olden days – one to be enjoyed. And indeed my Daddy enjoyed it – and, once again, so do I.

(You can reach me at themtnman@att.net or you can drop me a line at P.O. Box 927 – Stanton, KY 40380. I appreciate your suggestions and comments.)



Johnathan Reynolds, 13, killed his first deer recently, a 10 point buck.



Jonathan Collins killed this 10 pt. buck on November 12th in Rockcastle County. "I want to thank my wife and Anthony Prewitt and a special thanks to the memory of Herman Gilbert - This one's for you, Herman."

The Signal will come out a day early next week for Thanksgiving

"Points East"

(Cont. from A2)

death by pork was way better than starvation.

We called the building where we stored our winter and spring supply of pork, "the smoke house" but no meat was ever actually smoked in it during my life time.

There was evidence by way of a lingering odor of hickory smoke, that Pap (my grandpa, Mose Adams) had used it for the stated purpose, but all we ever did was salt the meat down and leave it to cure on wide benches or suspended from the rafters with stout cords.

Salt pork would keep for many months in that old building but by warm weather it was usually gone. Mom would keep chunks of side meat and jowls refrigerated to season green beans all summer because we didn't believe that beans were fit to eat if you didn't cook a big chunk of fat back with them. Ditto for cushaw and mustard greens and even taters tasted way better if they were cooked with a piece of back bone or a neck bone.

Even at the risk of suffering another stroke, I'd love to have a little pan full of good fresh striped bacon trimmed off the hams and shoulders and served up with a pone of hot corn bread. Maybe if someone will get a copy of the paper to John Wayne Blair he'll send me some the next time Keeter comes down from the mountains to check on me.



James Hursey of Corbin killed this 14 pt. buck in Laurel Co. This was Mr. Hursey's first hunt and first deer. He is the son of Melissa Hahn of Rockcastle County.



Logan Vanwinkle, 9 and Robert Vanwinkle, 12, both of Rockcastle County killed bucks on opening day of the rifle season in Owen County. They made the trip with their father, James Ray. This was Logan's first buck. Love you guys, Dad.



Christopher Smith killed his first deer on a recent hunt with his Papaw Clarence. Congratulations Christopher! Love - Mom and Dad, Mamaw, Papaw and Aunt Brandy.



Jessica Hodge killed her first deer, a three point buck, on Tuesday, November 12th in Rockcastle County. Congratulations, Jessica. Love, Lloyd.

Deadline for next week's paper is 4 p.m. Monday for Thanksgiving...



Jesus said, "Let the little children come to me... for the kingdom of heaven belongs to such as these." Matthew 19:14

Operation Christmas Child brings joy and hope to children in desperate situations worldwide through gift-filled shoe boxes and the Good News of God's love. Here is how you can pack a shoe box and make a difference in the lives of those children:

Pack A Shoe Box: Use an empty shoe box (standard size) or plastic container. Determine whether your gift will be for a boy or girl, and the child's age category: 2-4, 5-9, or 10-14, then fill the box with gifts. Some suggestions are:

School Supplies (pens, pencils, crayons, markers)

Toys (small cars, balls, dolls, stuffed animals, yo-yos, jump ropes)

Hygiene Items (toothbrush, toothpaste, mild soap, comb, washcloth)

Other: hard candy and lollipops, mints, gum, T-shirts, socks, ball caps, sunglasses, hair clips, toy jewelry, watches, flashlights with extra batteries

Include \$7 (make checks to Samaritan's Purse) to help cover shipping and project costs.

OPERATION CHRISTMAS CHILD

SHOE BOX DROP OFF:

First Baptist Church

340 West Main Street
Mt. Vernon, KY 40456

For more information call (606)256-2922

HOURS OF OPERATION:

November 18: 9am-3pm

November 19: 9am-3pm

November 20: 1pm-8pm

November 21: 9am-5pm

November 22: 9am-3pm

November 23: 9am-12pm

November 24: 3pm-7pm

November 25: 9am-3pm



**Upward Cheerleading Clinic
Registration & Fitting**

WHEN: Saturday, November 23rd

TIME: 9:00AM - 12:00PM

WHERE: First Baptist Church
340 West Main St.
Mt. Vernon, KY

FOR: Kindergarten - 5th Grade

Upward Cheerleading registration is \$75 which includes full uniform, pom poms and mega phone.

For more information call 606-256-2922